



An Analytical Study of the Correlation between Some Special Physical Abilities and Basic Skills Among Baghdad Football Club Players

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Abstract: The young players are the main tributary of clubs and national teams, the level of their performance must be upgraded, the study dealt with some physical abilities represented by (explosive power of legs, agility, and reaction) and skill abilities represented by (scoring, passing, and dribbling) for young football players and comparing the level of clubs in Baghdad province to those abilities to identify the strengths and weaknesses of the junior footballers, the research tried to figure out the level of few physical abilities & skills, and to identify the type of correlation relations between them and to conduct an analysis of the type of these relationships and correlations in the abilities under study. The research hypothesis came in the presence of statistical significance between the abilities and skills under research, as well as a difference in the level of these relationships, the number of the research sample is (272) players from Baghdad youth clubs for the football season (2023-2024), who represent (13) first-division clubs, the researcher recommends paying attention to physical abilities and working to develop them as well as developing these capabilities relative to the standard level of international clubs, as well as addressing the weakness of the skills shown by the results to ensure the improvement of performance in general.

Key words: physical abilities, skill abilities, football.

Introduction:

Football is the largest popular game of the global games that captured the attention of people in the world due to the privacy in it and the fun it provided to its followers, which made it the first game in most countries of the world in terms of popularity. The goal of the training process carried out by the coach for his team is to develop his players in all type of abilities, and these abilities, physical and skill abilities which be needed in matches, every single footballer juniors has to be fit enough to carry on match requires that the player has to get them such as stretching coupled with each other in a manner

commensurate with the skills because each of its skills needs a degree of strength, speed, flexibility, agility, kinetic accuracy and balance, and that maintaining these abilities in their natural curves must be accompanied by these capabilities with their own stretching ability and maintaining the entire physical performance over the duration of the playing time is too important and it is part of the main basic on which it depends to achieve the required results, and it comes The highlight of this study it to determine the basic lines of physical abilities and skill and finding their results among youth football players in Baghdad clubs for first-class teams, as well as the role of correlations with each other in the research variables in order to see the strengths and weaknesses of young players in order to draw our plans according to these conclusions.

The research problem was how to identify the strengths and weaknesses of the clubs of Baghdad Governorate by identifying, studying and identifying some special physical abilities and basic skills by recording their digital data and extracting the correlation between these variables to determine the type of these relationships and their importance and then compare these variables that the players of these clubs have and stand on what distinguishes these relationships and differences to be a clear indicator for the working coaches to develop the vocabulary of their training curricula and future according to what will Diagnosed in this research. Let us contribute scientifically to diagnosing part of the problems of the teams of this province and studying ways of success in a scientific and thoughtful manner in order to raise the level of the governorate teams in this ancient and interesting game for all.

Method:

The tests were applied to a sample of (272) players from Baghdad Governorate youth clubs in the First Division League for the season (2023-2024), where the tests were conducted in the stadiums of the clubs concerned with the research. The tests lasted (39) working days by (3) days for each club, the tests were distributed according to a gradual and sequential method and due to the large number of tests, the researcher worked to distribute them in the form of days in each club, as he works every three days in a club and then moves to another club, the purpose of which is not to affect the work of coaches and in order to get rid of the process of training impact that affects the sample tests. The work was carried out under the supervision of the researcher and the assistance of the work team, and after the completion of the experiment, the data was collected and the appropriate statistical treatments for the study were initiated.

Results:

Table (1)

Variables	units	mean	St.d	median	Torsion coefficient
explosive power of legs	cm	57.575	4.809	58.000	0.146-
Agility	sec	6.030	0.562	6.100	0.617-
Reaction	sec	1.828	0.072	1.815	0.270

Table (2)

Variables	units	mean	St.d	median	Torsion coefficient
Scoring	Point	8.250	2.974	8.000	0.174
Passing	Point	50.212	3.309	50.000	0.469-
Dribble	Sec	20.541	2.002	20.100	0.389

Table (3)

Variables		explosive power of legs	Response time
Agility	R	0.162 -	0.156 -
	Err. rate	0.31	0.33
explosive power of legs	R		0.262
	Err. rate		0.09

* Significance level (0.05)

Table (4)

Correlation of skills

Variables		Scoring	Dribbling
Passing	R	0.141	0.137 -
	error rate	0.38	0.39
Scoring	R		0.091 -
	error rate		0.57

* Significance level (0.05)

Table (5)

Correlation between scoring and physical abilities

Variables	Units	Correlation coefficient	error rate	Significance level
Explosive power of legs	cm	0.023 -	0.88	Insignificant
Agility	Sec	0.265 -	0.09	Insignificant
Reaction	Sec	0.106	0.51	Insignificant

Table (6)

Correlation between passing and physical abilities

Variables	Units	Correlation coefficient	error rate	Significance level
Explosive power of legs	cm	0.147 -	0.35	Insignificant
Agility	Sec	0.308 -	0.06	Insignificant
Reaction	Sec	0.067 -	0.67	Insignificant

Table (7)

Correlation between dribbling and physical abilities

Variables	Units	Correlation coefficient	error rate	Significance level
Explosive power of legs	cm	0.281 -	0.07	Insignificant
Agility	Sec	*0.365	0.01	significant
Reaction	Sec	0.050	0.75	Insignificant

Discussion:

The results explain in most tests of physical variables not a strong relation among them for the motor response variable of Baghdad club players. Every game around the world has its own specificity, football has one of the more complex requires playing demands in the world. Results showed decrease of levels of total physical demands for Baghdad club teams.

This data give us indicator of the training approach which carried out by coaches during pre-season of the province of Baghdad teams, and this in turn affected the results of the research and the emergence of the lack of significance of the correlations between the abilities close to the attribute to be measured.

As playing speed of the football player is a starting point, that is, the ability to accelerate and start quickly from a standing position or from slow movement, or in multiple cases the player must be fast in a short space and suddenly switch from attack to defense and vice versa.

Moreover, no game or effectiveness can be devoid of its reliance on strength, as strength is one of the important characteristics of exercise, and it also means the possibility of a muscle or muscles to overcome one or several external resistances. The results show that there are no significant correlations for the level of agility comparing with other demands, agility in football is represented in deception movements, scoring and ball dialogue.

The training approaches should be supported by scientific information and to measure from time to time to recognize the developing whether it is going up or down, the data have shown that there is no moral correlation in skill tests with each other, that offensive skills are part of the basic skills of football, which are used mainly and significantly in the implementation of duties and special tasks in terms of attack, and without them it is not possible to achieve the required goal, which is to score the goal in the opponent's goal and win the match, as well as the factors of speed and accuracy in the implementation of these skills according to the requirements of performance during the match, Therefore, players and especially attackers are required to possess a high level of proficiency and speed in using these offensive skills. The digital data obtained by the research sample for football skill tests showed that most of these data did not rise to the level that allows the existence of correlation between the two noted by most specialists in this aspect, which indicates a low skill level and due to the diversity of basic skills and their abundance and their association with other motor skills, such as running and jumping, which requires the diversity of stimuli on the time of its nature and the different conditions inside the stadium and their association with the movements of the competitor.

It must also take into account the physical and psychological factors when training basic skills and taking into account the functional aspects of the body systems that may be the reason for the low level of skill performance and lack of morality in the results of the tests and there is a great correlation between the basic skills of football aimed at achieving superiority and reaching the goal of the competitor to achieve goals and then win the match. As for the lack of significance of the differences in the skill of handling with other skills, as it often indicates that the game of football is a game of handling in which the names and formations differed many application remains the most important handling when performing and although the tactic seems easy when the match, but its success depends on the focus in training. A team whose players are good at precision handling of all kinds can reach the goal and then win.

Either with regard to rolling skills, which are very important skills that must be mastered by all football players, all of them smoothly and high, and this is not shown by the results that showed that they are not related to other skills, which must be in harmony with each other in order to pass the opponent and get rid of them and penetrate the ranks of defenders for the purpose of handling or scoring and rolling is not a means but an end to reach the next effectiveness. As for the skills that were

associated with some of them with statistically significant values, but this does not prevent the apparent weakness of the overall skills and the apparent weakness of the overall relationships between these skill variables in the research sample, because in general these skills when trained in an organized or random manner, they are the result of improving the kinetic paths of these skills, even if their paths when implementing are not Accurate, but give results and values in some skills are acceptable, but do not rise to the required level, and this is what these skills were, and they were associated with each other with statistically significant values.

Conclusions:

The level of physical abilities is close between the members of the sample except for the explosive power variable, there is a clear difference between the levels, and the level of basic skills is close in my skill (scoring, rolling) and there is a difference in the level of (handling, rolling) between the players, and the results showed that the level of (motor response) was one of the best abilities of the sample members, and the level of physical abilities (agility, and explosive power) was one of the best capabilities affecting the level of skill (handling, rolling and control), the motor response is the only ability affecting the Rolling skill and there was no effect of the rest of the abilities for the sample members. The results also showed a lack level of basic skills and weak of correlations among the study points mentioned, there is a vary in performance level of total abilities and basic skills between clubs through the results shown pre test and post-test of the study variables of the junior footballers.

Recommendations:

1. Giving physical abilities of young players training more within the training curricula, especially the explosive power variable.
2. Paying attention of the main skills of young footballers and developing them because they will contribute to the development of other skills.
3. Develop skills that have not been shown to have a statistical relationship with the mentioned physical abilities and pay attention to the rest of the skills required by the game of football.
4. Generalize this type of research to other age groups and conduct tests according to each category.
5. Helping local coaches to build junior teams by best training approaches.
6. Studying more abilities for more clubs.
7. Use other methods and approaches and comparing their results. .
8. Using these data to be considered when choosing junior players .

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